

I would like to submit my personal experience and results to your collection of data about dietary practices.

I am a healthy, active, 38 year old female. I have followed a restricted carbohydrate, sufficient protein way-of-eating with great success on and off since 1997. (I have gone off the diet during my two pregnancies at the insistence of my doctors).

Most recently, since September 2007, I have restricted daily Effective Carbohydrate consumption to a maximum of 30 grams daily (after subtracting the fiber content from the total carbohydrate content in the diet). I eat saturated fat as it occurs naturally in the meat, chicken, fish, cheese, cream, butter and eggs I eat every day. I also eat olive oil, avocado, and nuts. I eat non-starchy vegetables and some fruit occasionally – mostly berries and citrus. Fat is typically about 60% of my daily intake, protein makes up about 20% and carbohydrate about 10%. I exercise 4-6 hours per week, usually a mix of strength training and cardiovascular exercises.

My results – I've lost 35 lbs. – probably more than that in fat and gained a great deal of lean muscle. I reduced from a size 16 to a size 6, from an 'obese' to a 'normal' body fat range. I ran my first 5k about 7 months after starting the regimen whereas when I began I could barely run for 5 minutes without becoming totally winded. I am the smallest I've been in my adult life, as well as strongest. I have a great deal of energy and am very happy.

Thank you for collecting this information. I hope that significant changes will result in the recommendations to the American people to stop the horrendous obesity epidemic that is caused, I believe, by the consumption of processed sugar and starchy foods and excessive carbohydrates from grains. I would recommend Americans restrict carbohydrate consumption to no more than 20% of daily calories and vastly increase their healthy fats (including saturated fat) and protein consumption.

Best regards,

Halelly Azulay

Rockville, MD